

**Claims: Clean Version.**

1. A method/process of creating a dietary supplement profile for an individual comprising:

- a) completing a health questionnaire by an individual,
- b) comparing of the questionnaire information by an individual to an optimal health profile in a computer data base,
- c) adjusting for differences in the individual's health information when compared to an optimal health profile,
- d) generating a computer-implemented dietary supplement profile based on the

individual's health information listing the vitamins, minerals, amino acids, enzymes, and herbs suggested for an optimal health profile.

2. The method/process of creating a dietary supplement profile of claim 1, wherein step (b) comprises comparing the questionnaire information by the individual and information provided by a physical examination to a health profile in a computer database.

3. The method/process of creating a dietary supplement profile of claim 1, wherein step (b) comprises comparing the questionnaire information provided by the individual and information provided by laboratory studies to a health profile in a computer database.

4. The method/process of creating a dietary supplement profile of claim 1, further comprises adding a list of commercially available products that provide the dietary supplements listed in an optimal health profile.

5. The method/process of creating a dietary supplement profile of claim 1, further comprises adding a plan for weight management.